



Ritual Brainstorm Sheet

WHY RITUALS MATTER?

Rituals are small, predictable acts that help your child feel seen, secure, and connected. Instead of giving in to guilt, you can create rituals that say: 'I love you, and I'm here.'

STEP 1: REFLECT ON WHEN GUILT SHOWS UP

- When do I feel most disconnected from my child?
 - Are there moments when I say yes out of guilt?
 - What parts of our week feel rushed, chaotic, or emotionally distant?
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STEP 2: CREATE A RECONNECTION RITUAL

Think of small, repeatable moments you can share after busy or stressful times:

- After work trips --> Pizza and movie night
- After long meetings --> Afternoon walk and chat
- After school --> 10-minute story or cuddle session
- Before bedtime --> A song, prayer, or gentle talk

Write your own ideas down. Writing helps solidify your plan of action.

Rituals don't need to be elaborate. The key is consistency and emotional presence.

